bran, sugar beet fiber and apple fiber is contacted with an acid, wherein an acidic hydrolysis is carried out under such conditions that

- 1) the concentration of acid is within the range of 0.01N to 0.5N,
- 2) the temperature is \n the range of 80°C to 150°C, and
- 3) the total amount of the saccharides decomposed and eluted during the acidic hydrolysis is 30% or more on the basis of the dry substance to be hydrolyzed and the proportion of L-arabinose in the total amount of the acid-hydrolyzed monosaccharides is 50% or more, and

L-arabinose contained in the vegetable fiber is selectively produced.

8. (Four times Amended) The process according to Claim 1 further comprising a step of hydrogenating the solution containing L-arabinose to produce a sugar alcohol containing L-arabitol.

- 10. (Amended) A process for the manufacture of L-arabinose, characterized in that, vegetable fiber selected from the group consisting of envelopes of corn grains, axis of ear of corn, wheat bran, barley bran, oat bran, rye bran, rice bran, defatted rice bran, sugar beet fiber and apple fiber is contacted with an acid, an acidic hydrolysis is carried out under such a condition that
 - 1) the concentration of acid is within the range of 0.01N to 0.5N,
 - 2) the temperature is in the range of 80° C to 150°C,
- 3) the total amount of the saccharides decomposed and eluted during the acidic hydrolysis is 30% or more on the basis of the dry substance to be hydrolyzed and the

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